

## Taping patella

K-Active



[Directly to taping patella guide](#)

### Main application area

Patella syndrome (jumper's knee)  
Patella stabilization  
Osgood-Schlatter disease

### What you need

1 tape strip:  
1 x tape (pink) -> approx. 30 - 40 cm

### Duration of application

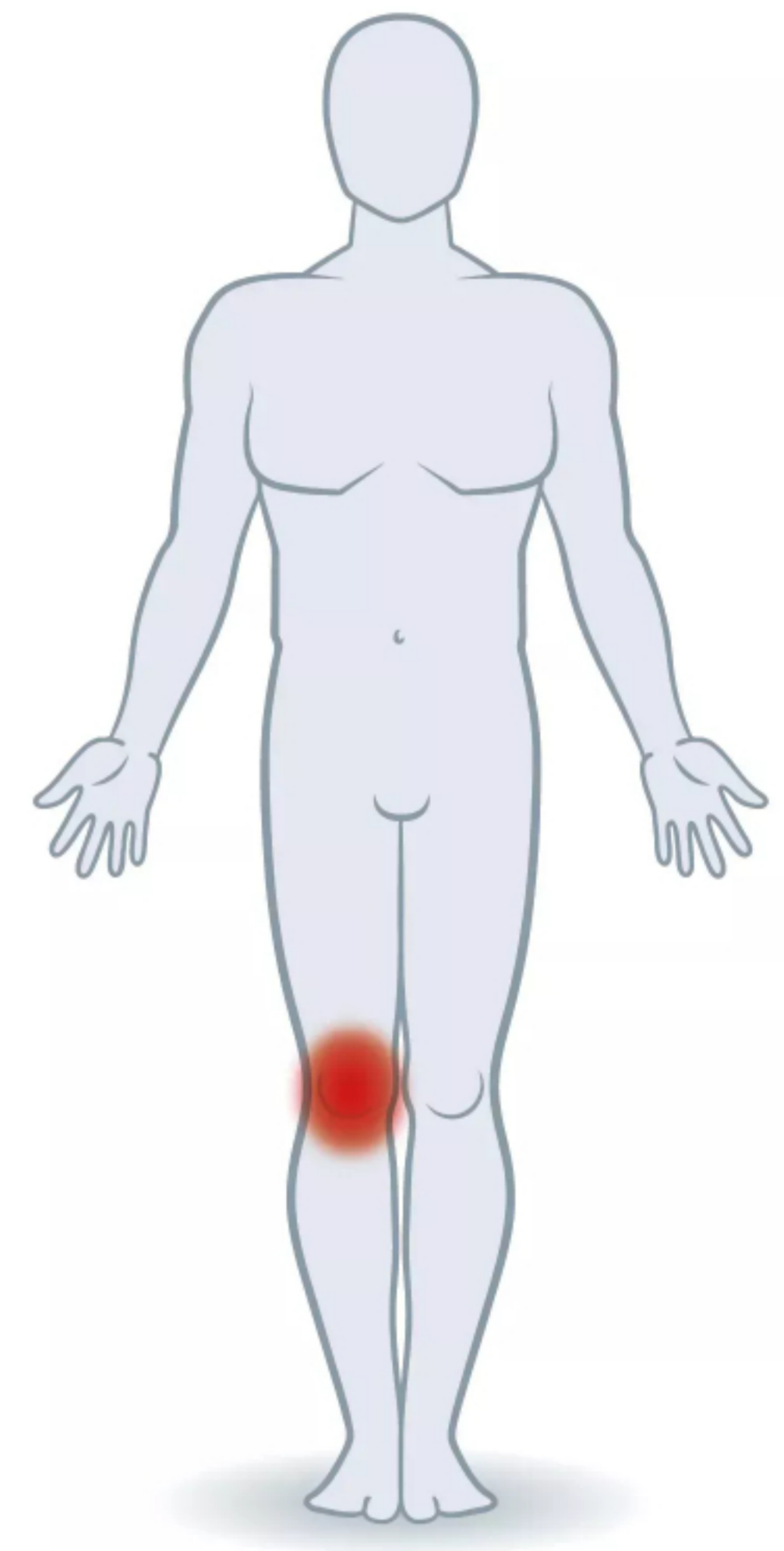
Up to 7 days

\* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

## Knee pain (patella pain)

The knee, an extremely complex joint, allows us to perform basic movements such as walking, running and jumping. Causes of knee pain are manifold and include patella tip syndrome (jumper's knee), patellaluxation, cartilage damage, overload and bursitis.

Symptoms are often pain around the knee, swelling, instability and limited mobility. These pains are often caused by overuse, direct injuries or structural problems in the knee.



### Information

#### General information about patella

The kneecap, also called the patella, is a small, flat, triangular piece of bone that is located in front of the knee joint. It is embedded in the tendon of the quadriceps muscle and plays a decisive role in stretching the knee. The kneecap protects the knee joint and improves the leverage effect of the quadriceps tendon, which increases the efficiency of leg movements. A strong muscle and ligament structure supports the patella to ensure stability, flexibility and resilience of the knee joint.

#### Causes for pain in the kneecap

Pain in the kneecap can be caused by several factors. Here are some of the most common causes:

- **Patella tip syndrome (Jumpers Knee):** Overload of the patellar tendon due to repeated strain, often in sports such as basketball or volleyball.
- **Patella luxation:** Dislocation of the knee by direct force or sudden movements.
- **Cartilage damage:** Soft or worn cartilage behind the kneecap causes pain and stiffness.
- **Overload and misalignment:** Repeated stress or structural misalignment lead to persistent pain in the knee.
- **Bursitis:** Inflammation of the mucous sacs around the kneecap due to overstrain or prolonged knees.
- **Arthritis:** Inflammatory joint diseases such as rheumatoid arthritis cause pain and swelling around the knee.

#### How does K-Active Tape help with knee pain?

The K-Active Tape provides targeted support for knee pain by stabilizing and relieving the patella. Thanks to its elastic properties, the tape adapts to the movements of the knee without restricting the freedom of movement. It supports the muscles and reduces the strain on the joint. By gently raising the skin, the tape improves blood circulation and lymph flow, reducing swelling and inflammation. At the same time, it stimulates the sensory receptors, which helps to reduce the perception of pain and supports the healing process.

## Taping patella - Tips



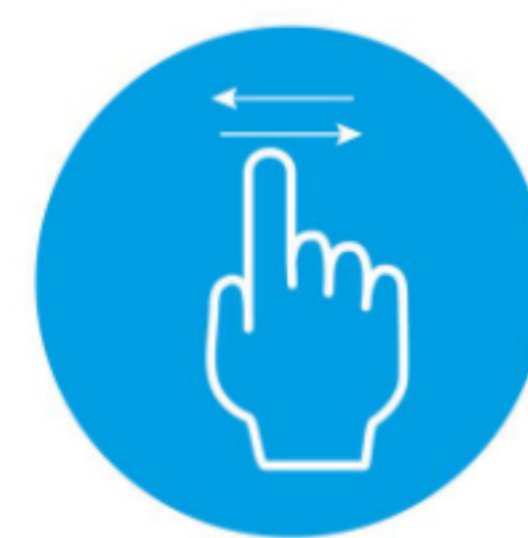
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

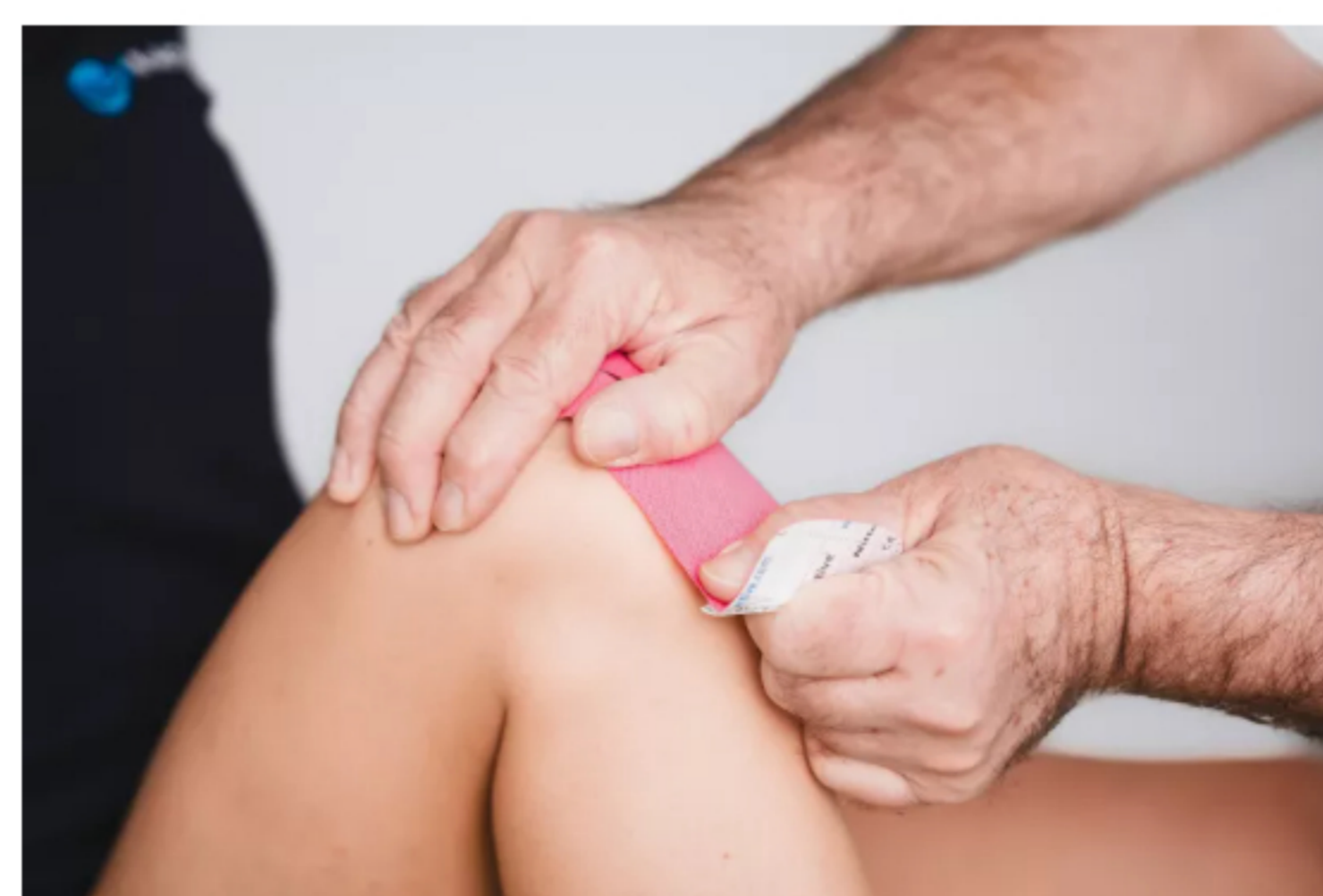
## Step by step tape tutorial

[Download instruction](#) ❤️



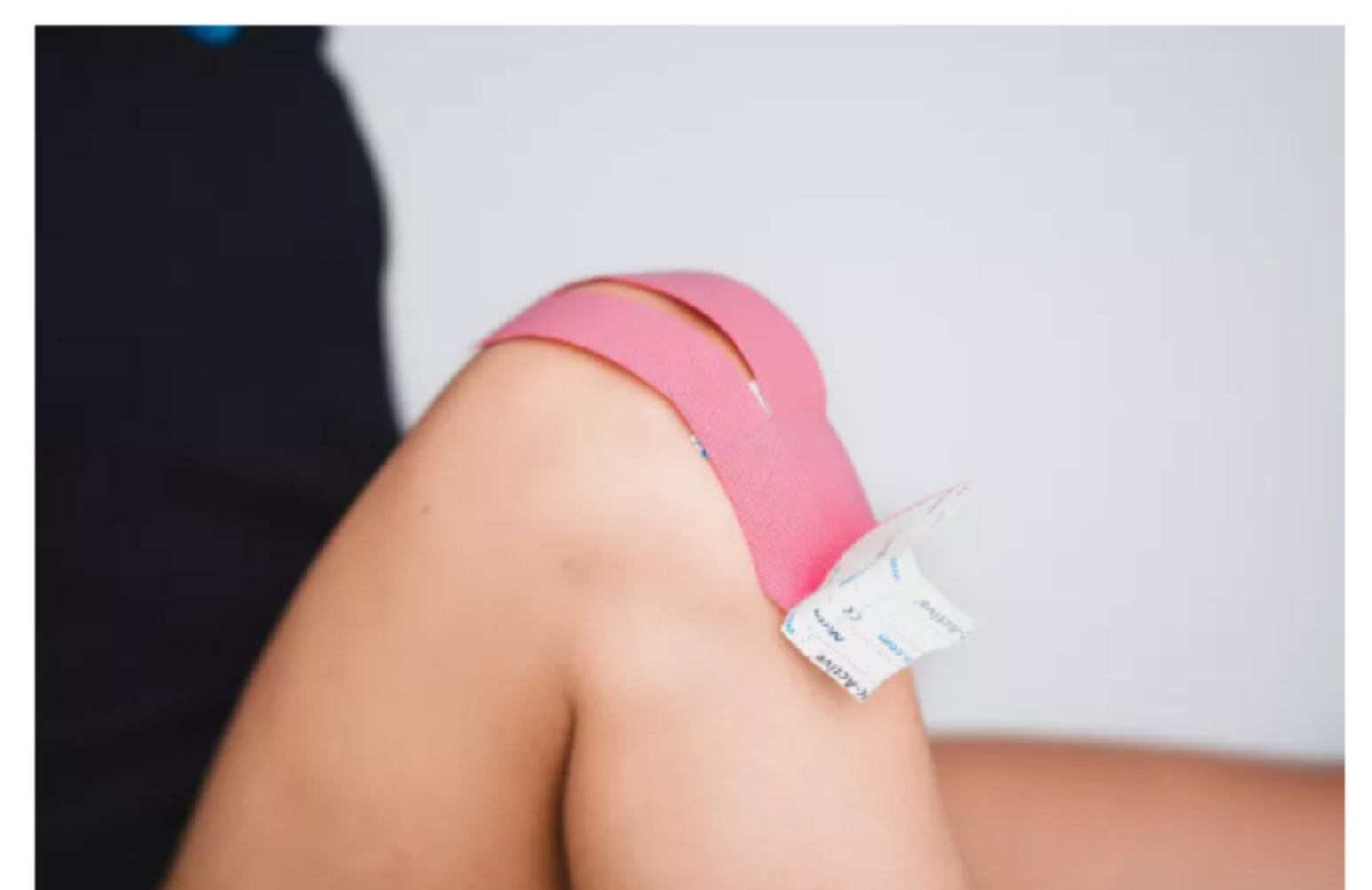
⇒ 1.

Measure the length of the y-shaped strip of tape with the leg stretched out by holding the tape from the top of the knee to the bottom of the knee. Tear the release paper at the base.



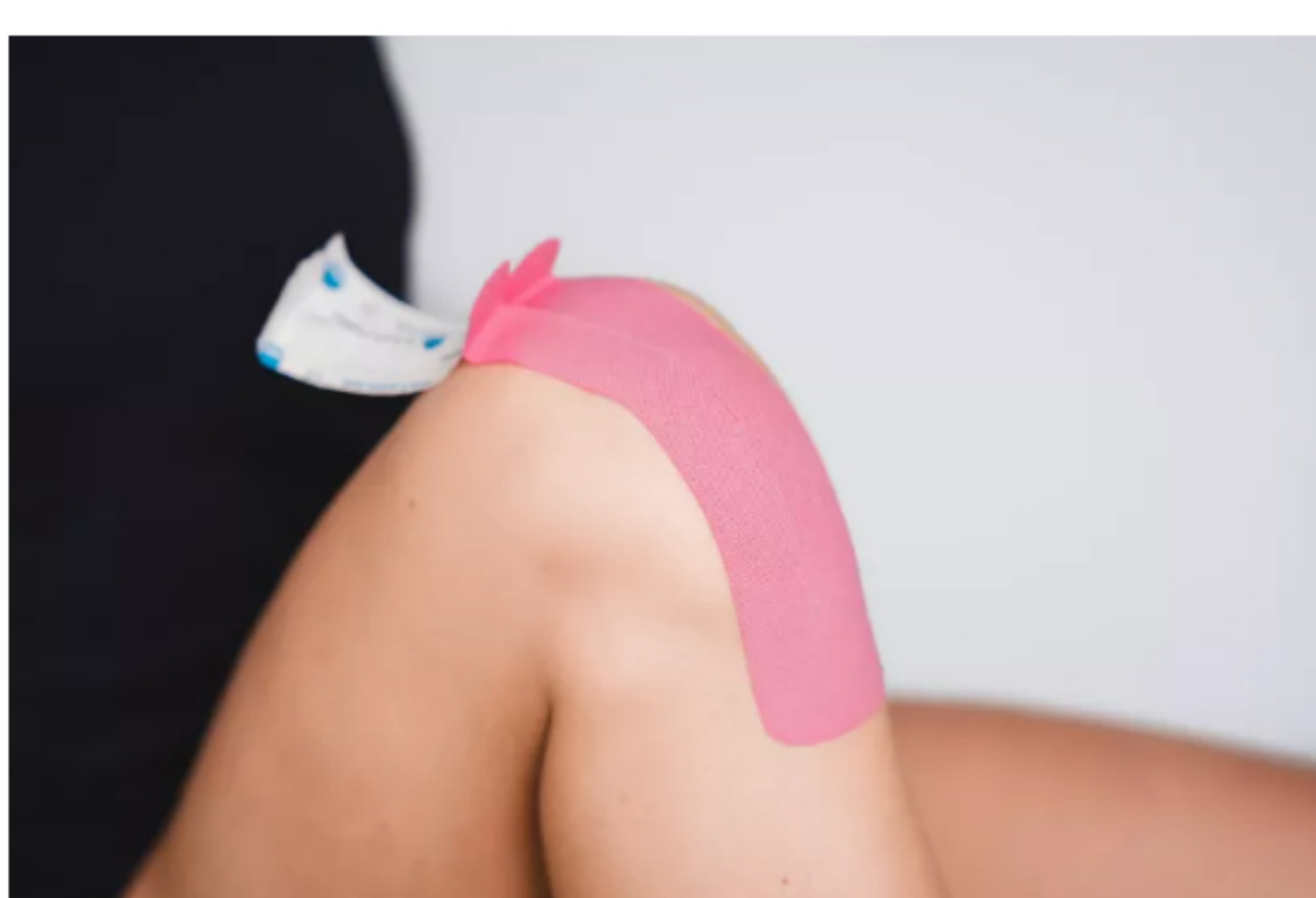
⇒ 2.

The leg is now bent. Apply the base of the tape strip **without tension (0% stretch)** just below the kneecap. The ends of the tape should initially remain covered with protective paper.



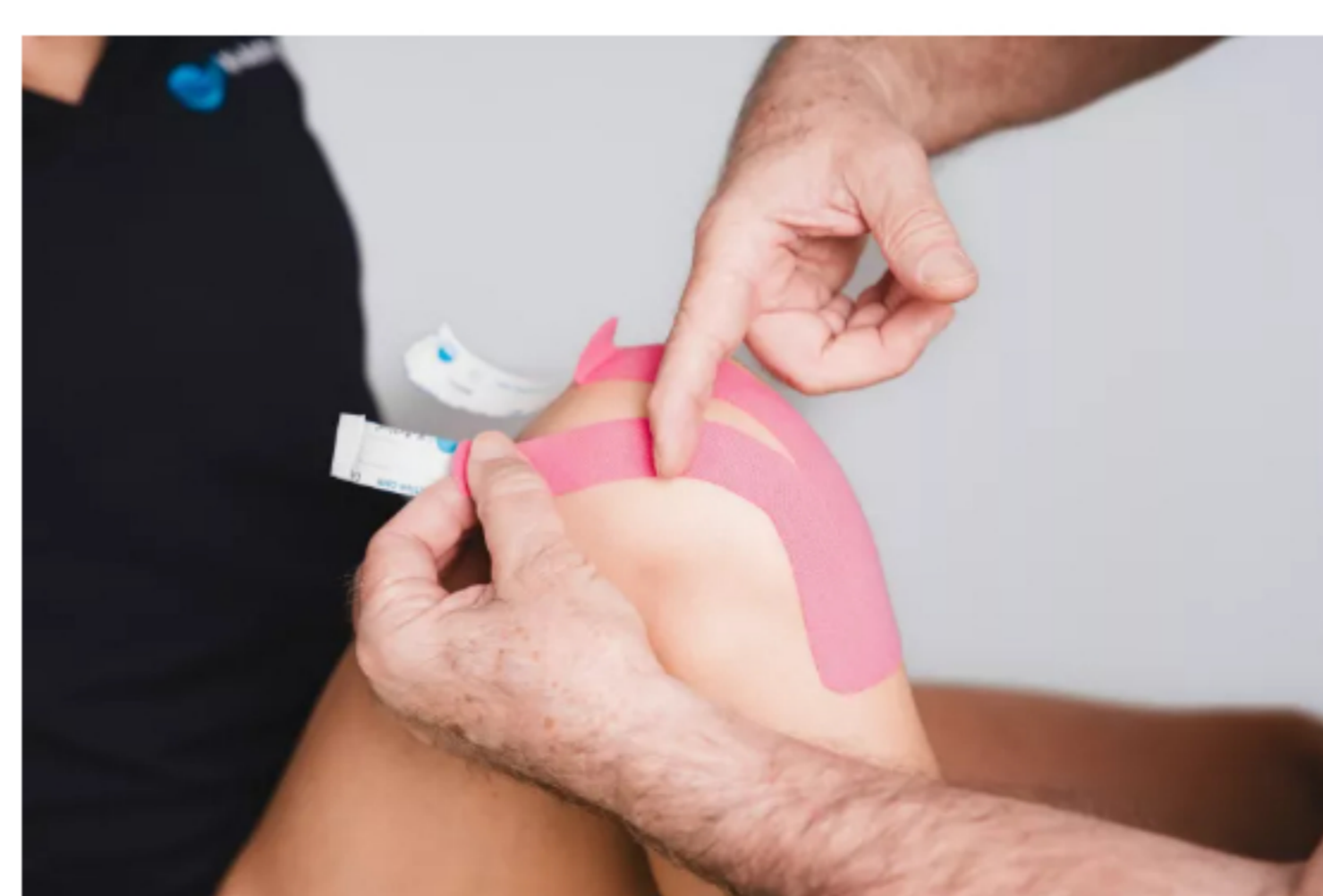
⇒ 3.

Pull off the release paper completely at the base.



⇒ 4.

Temporarily stick the two tape reins in place without sticking them down permanently.



⇒ 5.

Apply the first tape rein **without tension (0% stretch)** along the outside of the knee..



⇒ 6.

Do the same for the second tape rein on the opposite side.



⇒ 7.

😊 This is what the finished tape looks like on the kneecap (patella).



⇒ 8.

Here we have marked the kneecap for demonstration purposes.